

Full Report (All Nutrients) 01128, Egg, whole, cooked, fried

Report Date: December 05, 2015 17:55 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor: 4.36 Nitrogen to Protein Conversion Factor: 6.25**

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 46g |
|-----------------------------|------|------------------------|----------------|------------|----------------|
| Proximates | | | | | |
| Water | g | 69.47 | -- | -- | 31.96 |
| Energy | kcal | 196 | -- | -- | 90 |
| Energy | kJ | 821 | -- | -- | 378 |
| Protein | g | 13.61 | -- | -- | 6.26 |
| Total lipid (fat) | g | 14.84 | -- | -- | 6.83 |
| Ash | g | 1.26 | -- | -- | 0.58 |
| Carbohydrate, by difference | g | 0.83 | -- | -- | 0.38 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 |
| Sugars, total | g | 0.40 | -- | -- | 0.18 |
| Sucrose | g | 0.00 | -- | -- | 0.00 |
| Glucose (dextrose) | g | 0.40 | -- | -- | 0.18 |
| Fructose | g | 0.00 | -- | -- | 0.00 |
| Lactose | g | 0.00 | -- | -- | 0.00 |
| Maltose | g | 0.00 | -- | -- | 0.00 |
| Galactose | g | 0.00 | -- | -- | 0.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 62 | -- | -- | 29 |
| Iron, Fe | mg | 1.89 | -- | -- | 0.87 |
| Magnesium, Mg | mg | 13 | -- | -- | 6 |
| Phosphorus, P | mg | 215 | -- | -- | 99 |
| Potassium, K | mg | 152 | -- | -- | 70 |
| Sodium, Na | mg | 207 | -- | -- | 95 |
| Zinc, Zn | mg | 1.39 | -- | -- | 0.64 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 46g |
|--------------------------------|------|------------------|-------------|------------|-------------|
| Copper, Cu | mg | 0.078 | -- | -- | 0.036 |
| Manganese, Mn | mg | 0.030 | -- | -- | 0.014 |
| Selenium, Se | µg | 33.1 | -- | -- | 15.2 |
| Fluoride, F | µg | 1.2 | -- | -- | 0.6 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin | mg | 0.044 | -- | -- | 0.020 |
| Riboflavin | mg | 0.495 | -- | -- | 0.228 |
| Niacin | mg | 0.082 | -- | -- | 0.038 |
| Pantothenic acid | mg | 1.660 | -- | -- | 0.764 |
| Vitamin B-6 | mg | 0.184 | -- | -- | 0.085 |
| Folate, total | µg | 51 | -- | -- | 23 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 51 | -- | -- | 23 |
| Folate, DFE | µg | 51 | -- | -- | 23 |
| Choline, total | mg | 317.1 | -- | -- | 145.9 |
| Betaine | mg | 0.3 | -- | -- | 0.1 |
| Vitamin B-12 | µg | 0.97 | -- | -- | 0.45 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 219 | -- | -- | 101 |
| Retinol | µg | 216 | -- | -- | 99 |
| Carotene, beta | µg | 35 | -- | -- | 16 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 10 | -- | -- | 5 |
| Vitamin A, IU | IU | 787 | -- | -- | 362 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 543 | -- | -- | 250 |
| Vitamin E (alpha-tocopherol) | mg | 1.31 | -- | -- | 0.60 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Tocopherol, beta | mg | 0.02 | -- | -- | 0.01 |
| Tocopherol, gamma | mg | 0.54 | -- | -- | 0.25 |
| Tocopherol, delta | mg | 0.06 | -- | -- | 0.03 |
| Vitamin D (D2 + D3) | µg | 2.2 | -- | -- | 1.0 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 46g |
|------------------------------------|------|---------------------|-------------|------------|----------------|
| Vitamin D3 (cholecalciferol) | µg | 2.2 | -- | -- | 1.0 |
| Vitamin D | IU | 88 | -- | -- | 40 |
| Vitamin K (phylloquinone) | µg | 5.6 | -- | -- | 2.6 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 4.323 | -- | -- | 1.989 |
| 4:0 | g | 0.004 | -- | -- | 0.002 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.004 | -- | -- | 0.002 |
| 10:0 | g | 0.006 | -- | -- | 0.003 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |
| 14:0 | g | 0.047 | -- | -- | 0.022 |
| 15:0 | g | 0.009 | -- | -- | 0.004 |
| 16:0 | g | 2.954 | -- | -- | 1.359 |
| 17:0 | g | 0.023 | -- | -- | 0.011 |
| 18:0 | g | 1.268 | -- | -- | 0.583 |
| 20:0 | g | 0.003 | -- | -- | 0.001 |
| 22:0 | g | 0.005 | -- | -- | 0.002 |
| 24:0 | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total monounsaturated | g | 6.182 | -- | -- | 2.844 |
| 14:1 | g | 0.007 | -- | -- | 0.003 |
| 15:1 | g | 0.000 | -- | -- | 0.000 |
| 16:1 undifferentiated | g | 0.228 | -- | -- | 0.105 |
| 17:1 | g | 0.013 | -- | -- | 0.006 |
| 18:1 undifferentiated | g | 5.904 | -- | -- | 2.716 |
| 20:1 | g | 0.029 | -- | -- | 0.013 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 24:1 c | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 3.251 | -- | -- | 1.495 |
| 18:2 undifferentiated | g | 2.781 | -- | -- | 1.279 |
| 18:3 undifferentiated | g | 0.137 | -- | -- | 0.063 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:2 n-6 c,c | g | 0.019 | -- | -- | 0.009 |
| 20:3 undifferentiated | g | 0.025 | -- | -- | 0.012 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 46g |
|--------------------------|------|---------------------|-------------|------------|----------------|
| 20:4 undifferentiated | g | 0.203 | -- | -- | 0.093 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:4 | g | 0.014 | -- | -- | 0.006 |
| 22:5 n-3 (DPA) | g | 0.007 | -- | -- | 0.003 |
| 22:6 n-3 (DHA) | g | 0.063 | -- | -- | 0.029 |
| Fatty acids, total trans | g | 0.041 | -- | -- | 0.019 |
| Cholesterol | mg | 401 | -- | -- | 184 |
| Phytosterols | mg | 8 | -- | -- | 4 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.181 | -- | -- | 0.083 |
| Threonine | g | 0.602 | -- | -- | 0.277 |
| Isoleucine | g | 0.728 | -- | -- | 0.335 |
| Leucine | g | 1.177 | -- | -- | 0.541 |
| Lysine | g | 0.989 | -- | -- | 0.455 |
| Methionine | g | 0.411 | -- | -- | 0.189 |
| Cystine | g | 0.294 | -- | -- | 0.135 |
| Phenylalanine | g | 0.736 | -- | -- | 0.339 |
| Tyrosine | g | 0.541 | -- | -- | 0.249 |
| Valine | g | 0.930 | -- | -- | 0.428 |
| Arginine | g | 0.887 | -- | -- | 0.408 |
| Histidine | g | 0.335 | -- | -- | 0.154 |
| Alanine | g | 0.795 | -- | -- | 0.366 |
| Aspartic acid | g | 1.438 | -- | -- | 0.661 |
| Glutamic acid | g | 1.817 | -- | -- | 0.836 |
| Glycine | g | 0.467 | -- | -- | 0.215 |
| Proline | g | 0.558 | -- | -- | 0.257 |
| Serine | g | 1.051 | -- | -- | 0.483 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |